

MISSION

**SPECIALISATION A:
YOUTH GOALKEEPER COACH**

AREA OF COMPETENCE

KU
**KNOWLEDGE &
UNDERSTANDING**

PO
**PLANNING &
ORGANISATION**

EP
**EXECUTION &
PRACTICE**

AE
**ANALYSIS &
EVALUATION**

COMPETENCIES

- KU.GKA.1.1** Understand tactical positioning principles based on the context of the game, such as shooter typical trajectories and shooting angles (e.g., short, and long angle).
- KU.GKA.1.2** Understand the importance of defensive communication with field players to organise the team's defensive structure.
- KU.GKA.1.3** Understand fundamental poses and movement techniques in the goalkeeper's position (e.g. box-position), hand positioning, and footwork for multi-angle shots.
- KU.GKA.1.4** Is knowledgeable of key principles and responsibilities of the goalkeeper specific position.
- KU.GKA.1.5** Recognise the value of developing general handball skills in Goalkeepers (e.g., passing, catching, decision-making) to support the inclusion of the goalkeeper as the 1st and the most important player in initiating offensive transitions.
- KU.GKA.1.6** Understand the basic biomechanical demands of the goalkeeper's positions, focusing on a range of movement and motor skill development.
- KU.GKA.1.7** Recognise the crucial aspects of psychology in goalkeeping, such as confidence, resilience, self-belief, etc.
- KU.GKA.1.8** Understand the overall tactical framework set by the head coach and adapt goalkeeper training and expectations accordingly.

- OP.GKA.1.1** Plan goalkeeper-specific training focused on youth development, including elements such as reaction speed, flexibility, positioning, and coordination.
- OP.GKA.1.2** Organise structured, age-appropriate training sessions for goalkeepers respecting individual skill development pathways.

- EP.GKA.1.1** Demonstrate correct technical execution of basic save techniques, footwork patterns, and basic coordination ball-eye-body.
- EP.GKA.1.2** Teach fundamental decision-making processes in simplified, game-like scenarios (e.g., choosing to pass for a fast break or hold the ball).
- EP.GKA.1.3** Implement hand-eye coordination exercises and reaction drills.
- EP.GKA.1.4** Teach fundamental potential saves/scenarios from different angles and player positions, including wings, pivots, backcourt shots, and 7m throws.
- EP.GKA.1.5** Inspire Future Goalkeepers: transmit the passion for the goalkeeper's role, motivating young players to embrace and value the position.
- EP.GKA.1.6** Identify physical risks (e.g., head injuries from the posts or with the ball) and apply preventive strategies during training, creating a safe environment for the goalkeeper.
- EP.GKA.1.7** Design goalkeepers' warm-up and teach its importance prior to training and match.
- EP.GKA.1.8** Develop goalkeepers' tactical awareness (e.g. identifying numerical advantage during offensive transition and initiating the first pass).
- EP.GKA.1.9** Develop individual shooting technique in empty goal situations.

- AE.GKA.2.1** Evaluate tactical decisions, such as positioning decisions based on the context, such as the position of the shooter's arm, their trajectory, etc.
- AE.GKA.2.2** Utilise video analysis to help young goalkeepers refine their movement, saving technique, and decision-making.